

DIGHTON COUNCIL ON AGING- DECEMBER 2008

OUR DAILY BREAD CAREGIVER PROGRAM: A Caregiver's meeting is held on the last Thursday of the month, at 6:00 p.m. No meeting will be held in the month of December. The Council on Aging hosts this "Daily Bread for Caregivers" program. This supportive program focuses on caregivers. Join us for this informative presentation. Refreshments are served. Call (508) 669-6272 for more information and to let us know if you're attending. Walk-ins are welcome.

BLOOD PRESSURE CLINIC: For Dighton Residents 60+, a free Blood Pressure Screening will be held on Tuesday, December 16, 2008, starting at 9:00 a.m. At this time we will be offering the **Flu Shot** to anyone who has not received one yet. Please come to the Lincoln Village Community Center, 300 Lincoln Avenue, N. Dighton. Please call (508) 823-0095 for more information and to make an appointment. Walk-ins are welcome.

WELLNESS CLINIC: For Dighton Residents 60+, a Wellness Clinic will be held during our Blood Pressure Clinic, at the Lincoln Village Community Center, 300 Lincoln Avenue, N. Dighton, on November 18th. The scheduled topic for the month of December is "Medications and Alcohol". Nurses will answer questions and offer helpful information on this topic. Come and utilize these free services the Dighton C.O.A. provides Dighton Residents.

SOJOURN BEAR PROJECT – Meets at 10:00 a.m., at Lincoln Village Community Center on the 4th Monday of every month. A Sojourn Bear is an original, handmade teddy bear made by caring volunteers to be distributed to those affected by cancer. If you are crafty and can sew, or even stuff the bears, we need you. Would you like to be part of this wonderful project? Come join us and help make a difference in someone's life. Call 508-823-0095 for more information.

U.F.O.'S / KNITTING GROUP – Do you have any unfinished projects in the closet? Would you like to volunteer to knit or crochet baby hats, children's mittens, chemo hats, lap robes for nursing home residents, or any charity project? We have some yarn available. We need volunteers. We get together on the 4th Tuesday of every month. We meet at 10:00 a.m., in the Lincoln Village Community Center. Or you may also do these projects in the privacy of your own home all year through. Come, make new friends and have some fun. For more information please call (508)-823-0095.

NUTRITIOUS MEALS are served at "Prime Time" Monday through Friday at 11:30 a.m. by reservation. Call Sheila at 669-6272 by 10:30 a.m. the previous day to reserve a meal. A donation of \$2.00 per meal is suggested. Home delivered meals can be arranged for homebound elders upon request. If you know of someone who is homebound and in need of home delivered meals please call (508)- 823-0095 or (508) 669-6272.

TAI CHI & KETTLE BELLS: Tai Chi and Kettle Bells classes are held on Fridays at 9 a.m.-10 a.m., at the Lincoln Village Community Center, 300 Lincoln Avenue, N. Dighton, MA. If you are 60+ you will find a wonderful change in your strength, health, and overall well-being. The cost of the class is \$4.00. For more information, please call 508-823-0095.

PINOCHLE-CRIBBAGE-WHIST: Card games are played at the Lincoln Village Community Center on Wednesdays at 1:00 p.m. We are in need of Pinochle players. We also have a Whist card game scheduled every 1st. and 3rd. Monday of the month at 1:00 p.m. It's a great social time, and a great way to meet new friends. Come join our groups or start your own. For more information please call 508-823-0095.

EXERCISE CLASSES: Exercise classes for those 60+ are held on Mondays and Wednesdays from at 9:00 a.m. - 10:00 a.m., at the Lincoln Village Community Center. Exercise helps achieve and maintain weight loss, improve our mood, and it also reduces blood pressure and osteoporosis. The cost of the classes is \$3.00 per class. For more information, please call 508-823-0095.

The **SHINE** (Serving Health Information Needs of Elders) is available to assist you with questions concerning available Medicare HMOs and Medicare Supplements (Medigaps). Please call 1-800- 987-2510 for more information.

RIDES are available through **GATRA's** Dial-A-Ride by calling (508) 823-8828. You may purchase a ten-ride pass for \$10.00, or pay \$1.25 each way. A twenty-four hour notice is required. **GATRA** requires either a completed ADA form or a Senior Application before rides will be scheduled. For information on any of these services call Alice at (508)-823-0095 or Sheila at (508)-669-6272.

Dighton's "**PRIME TIME**" is an adult supportive respite facility located in the rear of the Town Hall, 1059 Somerset Avenue, (Route 138). If you know of someone who cannot stay alone or whose family could benefit from some respite, we may be able to help both the elder and the caregiver. "Prime Time" is open Monday through Friday from 8:00 a.m. to 3:00 p.m. "**PRIME TIME**" is a supervised program for elders where they can enjoy a full and productive life. "**PRIME TIME**" provides a stimulating and supportive environment for seniors, which incorporates arts & crafts, oil painting, light exercise, walking club, sing-a-longs, field trips, guest speakers, blood pressure screenings, podiatry clinics, bingo, puzzles, games, a light breakfast, nutritionally balanced lunch, and afternoon snacks, just to name a few. At "Prime Time" your loved ones quickly become our loved ones. Call Sheila at (508)-669-6272 or visit us at www.dighton-ma.gov for more information.